

# **Download Rational Emotive Behavior Therapy It Works For Me It Can Work For You**

This item: Rational Emotive Behavior Therapy: It Works for Me - It Can Work for You (Psychology) by Albert Ellis Paperback \$13.50 Only 1 left in stock - order soon. Ships from and sold by symposia. Rational Emotive Behavior Therapy: It Works for Me - It Can Work for You. The first choice leads to healthy consequences—normal emotions such as sorrow, regret, frustration, or annoyance, which are justifiable reactions to troubling situations. The second choice leads to the unhealthy consequences of anxiety, depression, rage, and low self-esteem. Albert Ellis. Rational Emotive Behavior Therapy: It Works for Me--It Can Work for You. Amherst, NY: Prometheus, 2004. In this book, Albert Ellis, 91, founder of Rational Emotive Behavior Therapy (REBT), presents a forthright self-assessment of how he mastered his own physical and emotional challenges using the techniques of REBT. Rational emotive therapy is a type of therapy that's more active, practical, and realistic than general cognitive behavior therapy. It's based on a combination of philosophy and empirical evidence. The focus is on beliefs held in the present moment.